LENNY AESTHETICS • NURSE LED CARE

Mesotherapy Aftercare

Follow this guidance for the safest recovery and best results.

What to do

- Small bumps, redness and mild bruising may appear for 24 to 72 hours.
- Avoid makeup for 12 hours.
- No exercise, sauna, steam room or swimming for 48 hours.
- Avoid alcohol for 24 hours.
- Do not apply active skincare (retinol, acids, vitamin C) for 3 days.
- Daily SPF 30 or above and avoid direct sun for 5 days.
- Drink plenty of water to enhance the hydration benefits.

Need to reach us

If anything feels unusual, get in touch straight away. Email Lenny4uclinic@gmail.com or contact the clinic through the website.

This guidance is general aftercare advice and does not replace bespoke instructions given to you at your appointment. Always follow the specific plan agreed with your clinician. © Lenny Aesthetics. For personal use only.